

Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (original): Food composition, suitable for shallow frying, comprising triglycerides, wherein least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin.

Claim 2 (original): Food composition, suitable for shallow frying comprising 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed or fractionated.

Claim 3 (original): Food composition according to claim 2, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.1 to 0.5.

Claim 4 (original): Food composition according to claim 3, wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.2 to 0.4.

Claim 5 (currently amended): Food product according to claim 1 ~~[[4]]~~, wherein the degree of hydrolysis of the sunflower lecithin is 0.25 to 0.33.

Claim 6 (currently amended) Food composition according to claim 1 ~~or 2~~, wherein the food composition comprises:

30-100 wt.% fat phase

0-70 wt.% aqueous phase.

Claim 7 (original): Food composition according to claim 5, wherein the food composition comprises:

0-100 wt.% fat phase

0-60 wt.% aqueous phase.

Claim 8 (original): Food composition according to claim 6, wherein the food composition is an water in oil emulsion comprising:

60-90 wt.% fat phase

10-40 wt.% aqueous phase.

Claims 9-12 (canceled)

Claim 13 (new): A method for shallow frying comprising:

- (i) providing a food composition comprising triglycerides wherein at least 60 wt. % of triglycerides is of vegetable origin and 0.05-3 wt. % sunflower lecithin; and
- (ii) frying with said food composition in a shallow frying pan.